



Great American Smokeout Offers an Opportunity to Quit Smoking

Coconino County Public Health Services District (CCPHSD) , Northern Arizona University (NAU) and Students Taking a New Direction (STAND) coalition chapters in Flagstaff, will be celebrating the 37th annual Great American Smokeout (GASO) on Thursday, Nov. 20th.

The Great American SmokeOut officially began in 1977. Today that tradition to encourage people who smoke to give tobacco up for a day in hopes that it will motivate them to quit for a lifetime continues.

On Nov. 20, STAND coalition members will be at Coconino and Flagstaff High in Flagstaff taking pledges from kids to stay away from tobacco and providing students with information on the dangers of tobacco and vapor products.

STAND is a statewide coalition of students ages 13-18 who work to raise awareness about the dangers of tobacco use and urge elected officials at all levels of government to treat cigarettes as hazardous materials - including creating regulations for storage, transport, sale and disposal.

NAU is hosting an event at the Health and Learning Center (Bldg. #25) on campus on Nov. 20 from 3 pm – 7 pm. Tobacco information, quit kits, giveaways and prizes will be available.

The Native Youth Coalition and Coconino Anti-Tobacco Students will be holding tobacco education events on Wednesday, Nov. 19th at Flagstaff High School and Thursday, Nov. 20th at Coconino High School. In addition, the Native Youth Coalition will be holding a park clean up at Thorpe and Wheeler Parks to clean up cigarette butts and other trash.

People who make a commitment to quit on GASO or at any other time can get help from a quit coach and free nicotine replacement therapy by visiting www.ASHLine.org, calling the Arizona Smokers' Helpline at 1-800-55-66-222, or visiting the Coconino County Public Health Services District at 2625 N. King St. in Flagstaff.

The Great American Smokeout is organized nationally by the American Cancer Society. It is held the on the third Thursday of Nov. each year. In Arizona, it is supported by the Arizona Department of Health Services Bureau of Tobacco & Chronic Disease. Learn more about the Great American Smokeout at

www.cancer.org/smokeout.

